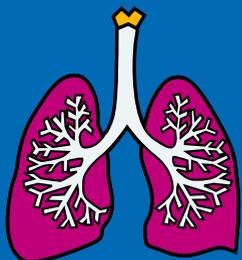


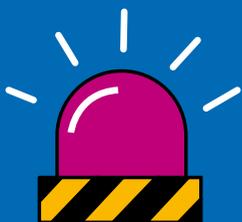
Advice to smokers about coronavirus



Quitting smoking is an important way for individuals to **reduce their risk from coronavirus** (Covid-19).



Smoking increases the risk of lung infections. Smokers are twice as likely to get pneumonia and **five times more likely to get flu** than non-smokers.



Quitting smoking rapidly reduces your risk of other health problems such as heart attack and stroke. **It is especially important to prevent these problems, at a time like now, when health systems are going to come under strain.**

#QuitforCovid

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twitter.com/YSmokefree

 Follow us on Instagram
[@yorkshire_smokefree](https://www.instagram.com/yorkshire_smokefree)

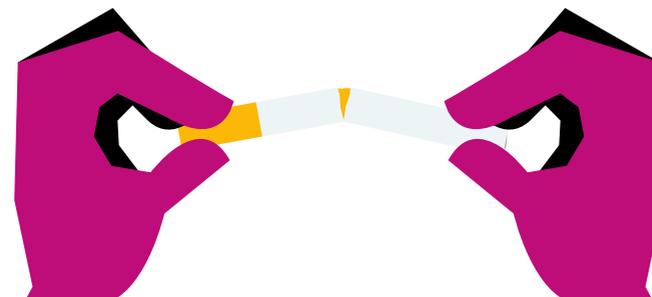
www.yorkshiresmokefree.nhs.uk

JOB NO 1529 MAR20

NHS

Yorkshire
Smokefree service

There's a new way to quit!



You quit, your way



Call us on

0800 612 0011

free from landlines

0330 660 1166

free from most mobiles

In association with:
South West Yorkshire Partnership
NHS Foundation Trust

With all of us in mind.

Stopping smoking can be a challenge but we are here to support you. In fact, with NHS support you're three times more likely to quit successfully! We've already helped thousands of people in Yorkshire quit, so let us help you.

You quit, your way

We know that different things work for different people, so our free and confidential NHS stop smoking specialists can help find what's right for you. You can use any combination of our support, whatever suits you best.

Everyone's reason for quitting smoking is different

That's why we treat you as an individual, working with you to develop a method and support programme that will suit you and lead to better results.

We're not here to judge

Deciding to quit smoking is a big decision, but one that you won't regret. Our staff are friendly, approachable and non-judgemental; that's how we get such good results.

Stop smoking products

We can give you advice on a range of products and medication that can help you quit, including nicotine replacement therapy such as patches and Champix. To find out more about all the different products available, go to:

www.youtube.com/YorkshireSmokefree



Pick and mix your support from the following:

Telephone support

Call us on **0800 612 0011** (free from landlines) or **0330 6601 166** (free from most mobiles). We can tell you more about your local stop smoking service or you can complete your entire quit journey on the phone. Even if you just want to talk about whether you're ready to stop, we're here to help.

We can also provide ongoing support by text, but only if you choose that option.



Quit online

Our online quit programme lets you create your own personal profile and you get interactive support during your quit journey.

It includes:

- A personal quit plan
- Pledges and rewards
- Personalised tools
- Optional motivational messages by email or text



Due to the Covid-19 pandemic our stop smoking services will now be running telephone and online support only. If you were attending a face to face session with an advisor or group support this will now be replaced with support from an advisor over the phone. You can also use our online quit programme whenever you need to.

